

Fond du Lac County Senior Dining Program Menu for October 3 thru November 3, 2011

Meals are served at the Fond du Lac Senior Center Monday—Thursday at 11:45 a.m.
Registration is required at least one day in advance by 1 p.m. either by signing up at meal site or calling 929-3937.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>October 3</u> Pork Chops Gravy Bread Dressing Baby Whole Carrots Lime Cottage Cheese Salad Ice Cream Russian Rye Bread	<u>October 4</u> Southern Fried Chicken Whipped Potatoes Gravy Broccoli Apricots Prune Cake Dinner Roll	<u>October 5</u> Spaghetti with Meat Sauce French Cut Green Beans Parmesan Cheese Tossed Salad-Italian Dressing Cherry Crisp Vienna Bread	<u>October 6</u> BBQ Rib O'Brien Potatoes California Blend Vegetables 3 Bean Salad Peanut Butter Cookie White Bread
<u>October 10</u> Chicken Chop Suey Over Rice Chow Mein Noodles Soy Sauce Oriental Blend Vegetables Mandarin Oranges Blueberry Torte Vienna Bread	<u>October 11</u> Pizza Casserole Rivera Blend Vegetables Peaches Strawberry Shortcake White Bread	<u>October 12</u> Ring Bologna Ketchup German Potato Salad Red Cabbage Under the Sea Salad Fresh Fruit Cornbread Muffin	<u>October 13</u> Honey Baked Chicken Red Jacket Potatoes Mixed Vegetables Pea and Cheese Salad Ranger Cookie Wheat Bread
<u>October 17</u> Salisbury Steak in Gravy Garlic Mashed Potato Wisconsin Blend Vegetables Cucumber Salad Butterscotch Pudding Sourdough Bread	<u>October 18</u> Roast Pork Loin Dumpling Gravy Garden Blend Vegetables Pineapple Rings Carrot Cake with Cream Cheese Frosting Rye Bread	<u>October 19</u> Meatloaf with Ketchup Baked Potatoes Sour Cream Tomato / Zucchini Applesauce Lazy Daisy Cake Vienna Bread	<u>October 20</u> Turkey Herb Dressing Gravy Brussels Sprouts Cranberry Sauce Pumpkin Bar Whole Wheat Roll
<u>October 24</u> Baked Ham AuGratin Potatoes Wax Beans Tossed Salad-French Dressing Pineapple Upside Down Cake Dark Rye Bread	<u>October 25</u> Macaroni & Cheese Winter Mix Vegetables Tropical Fruit Lemon Bar Bran Muffin	<u>October 26</u> BBQ Chicken Parsley Potatoes Honey Glazed Carrot Mixed Fruit Salad Molasses Cookie White Bread	<u>October 27</u> Tender Beef Steaks Mushroom Gravy Whipped Potatoes Country Blend Vegetables Spiced Pear Jello Banana Cake Sourdough Bread
<u>October 31</u> Beef Stew over Dumpling Garden Blend Vegetables Pickled Beet Salad Fresh Fruit Wheat Bread	<u>November 1</u> Veal Parmesan Pasta in Red Sauce Italian Green Beans Tossed Salad-Ranch Dressing Vanilla Pudding Wheat Bread	<u>November 2</u> Pork Steak Whipped Potatoes Gravy Peas and Carrots Creamy Coleslaw Sherbet White Bread	<u>November 3</u> Chili Mac Sliced Cheese Crackers Capri Blend Vegetables Fruit for Salad German Apple Cake Rye Bread

*Menus are subject to change

*2% Milk and Margarine included with each meal

Esther Mukand-Cerro, R.D., C.D.
Alyson Koehn F.S.D.